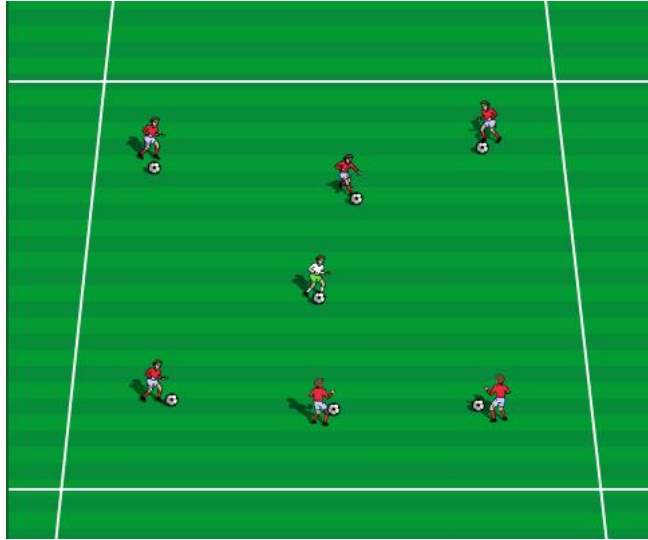




## Curriculum – First Kick

## Activity # - 18

<b>Game Title:</b>	DJ Lance Rock	<b>Game Theme:</b>	Body Parts
<b>Learning Outcome(s):</b>	Speed, balance, and coordination		



### Organization:

1. 20 x 20 yard area set up as shown
2. 1 ball per player

### Story/Description:

1. DJ Lance Rock (coach) is calling the shots as he attempts to teach the Yogabbagabba crew of Muno, Foofa, Brobee, Toodee and Plex a brand new dance routine
2. First you have to find your rhythm – 1,2,3 clap, 1,2,3 clap, 1,2,3 clap
3. Next you have to find the beat on your boom box (ball) – toe tap, toe tap, toe tap

### Coaching Points:

1. Ask players to use lots of different body parts to move their ball and body throughout the dance routine
2. Can you clap your hands behind your back?
3. Can you clap your hands between your legs?
4. Can you spin really quickly without getting dizzy?
5. Lets freestyle!!!!!!

### Developments:

1. When DJ Lance Rock shouts free style everybody has to bust out their own move
2. When DJ Lance Rock shouts a body part you must place that body part on your boom box
3. If DJ Lance Rock shouts time to get 'dizzy' everyone must run around their boom box
4. If DJ Lance Rock shouts time to get 'busy' everyone must dribble their ball around the area